

HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

WHAT to DO WHEN POISONED by IVY or OAK



Applying Remedy with Absorbent Cotton.

Recipe for the Hair.

Constant Reader.—Here is the recipe which you asked me to reprint: One-half ounce of sugar of lead, one-half ounce of lac sulphur, one-half ounce of essence of bergamot, one-half gill of alcohol, one ounce of glycerin, one-half ounce of tincture of cantharides, one-half ounce of ammonia.

Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean.

The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any stain is to apply it to the roots of the hair with a small brush—a tooth brush will answer for the purpose. Then spread it evenly downward through the tresses with an ordinary hair brush.

This should not be applied more than once a week, as its frequent use at too brief an interval would, sooner or later, have a pernicious effect upon the scalp.

Home-made Bay Rum.

Violet.—You will not find the recipe given below at all difficult to prepare: Oil of bay, one-half ounce; oil of orange peel, fifteen minims; oil of pimento, fifteen minims; alcohol, thirty-nine ounces. Add enough water to make sixty-four fluid ounces.

A good lotion for perspiring hands is made of the following ingredients: Boric acid, eighty grains; borax, 120 grains; salicylic acid, 150 grains; glycerin, two ounces. Rub on the hands four or five times a day. Wash the hands in warm water before applying and dry carefully. Shake well. If the glycerin is heated it will increase the solubility of the preparation.

Hair Tonic.

Flora.—Use the quinine tonic, which will not darken your hair in the least. Here is the formula for it: Sulphate of quinine, one gram; rosewater, eight ounces; diluted sulphuric acid, fifteen minims; rectified spirits, two ounces. Mix, then further add: Glycerin, one-quarter ounce; essence royale or essence musk, five or six minims. Agitate until solution is complete. Apply to the roots every day.

To Remove Moles.

Ugly Duckling.—I advise you to go to a specialist to have the moles removed. However, if they are not of a very great size, I think you would be wise to let them alone; for, undoubtedly, the operation of removing them will leave a scar, anyway.



Mixing Sugar of Lead and Cold Cream.

A Number of Questions.

Rosebud.—The following recipe will make up into a splendid preparation for removing pimples and blackheads: Petroleum, one ounce; lanolin (anhydrous), one ounce; hydrogen peroxide, one fluid ounce; acetic acid, one fluid dram.

This treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonsful of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

If you are inclined to be round shouldered, practice walking to and fro with your hands behind your back. Throw your shoulders back and keep the elbows close to the body. This will naturally keep the chin free and the chest thrown forward.

To Take Away Tan and Freckles. C. C.—There are several simple remedies which you may use to restore your complexion to its fairness.

Bathe your face at night with an infusion (cold) of fresh cucumbers sliced in milk. Buttermilk, too, is very good if applied to the face several times a day. Good results may be obtained from the use of a mixture of lemon juice and glycerin, equal parts. If your skin will not stand glycerin, use rosewater instead.

Skin Food for the Hands.

Dandy.—Try this skin food for the hands: Cocoa butter, one ounce; oil of sweet almonds, one ounce; oxide of zinc, one dram; borax, one dram; oil of bergamot, six drops. Heat the cocoa butter and oil of almonds in a bain marie, and when thoroughly blended, add the zinc and borax; stir as it cools and add the oil of bergamot last. Rub into the hands at night.

TO MANY people the fear of poisoning is the curse of the summer time. To these unfortunates the country has no charms, for behind any tree or bush may lurk their enemy, poison ivy—called in the South "oak."

To add to their terror, tradition has it that, once poisoned, the skin becomes irritated in the same way, at the same season, for three successive years. Whether this is a superstition or not, 'tis hard to say; but certain it is that I knew a child whom strawberry leaves poisoned, and although, once being caught, she thereafter carefully avoided the strawberry patch, for three years the eruption of the skin returned at strawberry season.

To some the irritation caused by poison ivy is not painful, to others the suffering is acute. All that can be done is to take

the inflammation away, and for this there are several remedies.

The one most commonly used is lead-water or sugar of lead, the latter being powder. Lead-water is applied hot or cold with absorbent cotton, though it is said that it is best when heated. If it reddens the skin, cold cream may be later applied.

Sugar of lead may be mixed with the cold cream, thus forming a salve. This is put on the poisoned skin with a bit of absorbent cotton or a paint brush, and it stays in place.

Grindelia is a remedy intended specially for poison. It is the pure essence of an herb, and it is said to bring immediate relief, while a complete cure is effected after three or four applications.

When applying any remedy for ivy or other poison, never touch the affected part with the hand, else it will spread. Liquids may be put on with a fine camel's-hair brush or with absorbent cotton. The latter should be burned after using. The brush must be disinfected at once.

If the hands are poisoned, relief may be obtained by holding them in a small receptacle—a finger bowl, for instance—partially filled with either grindelia, if procurable, or lead water. Any other part of the body may be frequently bathed in either remedy, and at night the salve may be applied.

When poisoned it is well to wear gloves at night to keep the hands from coming in contact with or further irritating the poison. Otherwise the irresistible impulse to scratch will retard the recovery.

Some people hold that a ring of sugar of lead and cold cream painted round the poisoned part prevents the inflammation from spreading. It is well worth trying. Any one who poisons easily, on return-

A BENEFICIAL EXERCISE.

Take plenty of outdoor exercise, live in the open air as much as possible, and you will feel a different person in a very short time. At least walk to and from your work, if the distance is not too great. Take a spin on your cycle or a walk these lovely summer evenings. Play games if you have time and get the chance. The business girl has to lead a sedentary life, but she should try, as much as possible, to get a daily walk to prevent her muscles from becoming flabby and soft.

Without exercise it is impossible to properly digest your food, without fresh air you will become pale and sickly. Walking is the best and cheapest exercise in the world. It brings into play a great many muscles, it strengthens the heart, it gets rid of waste products by increasing the circulation and healthy action of the skin. Above all, it cures dyspepsia. It is better than tonics or appetizers; it makes you feel ready for meals and helps you to digest and assimilate your food.

Don't rush at it all at once; begin gently, gradually increase the length of your walks, and you will soon find your health has improved in the process. If you come home fatigued or tired, don't sit down at once to a meal; rest quietly for fifteen minutes, then you will feel ready to eat and will digest your food better for the rest.

The Influence of Sunshine.

Not half the people on earth realize how large a part sunshine can play in their lives.

Sun baths are taken as a remedy for rheumatism and sometimes to ward off sleeplessness. Even when there is no special disease to fight, but one is just tired out after a strenuous task, a sun bath will do good work—better than any medicine you could take.

It is interesting, too, to note the difference the condition of the weather makes in our tempers. There are some, of course, who are so constituted that a wet and gloomy day is the same to them as a glorious sunny day; there are others whose good humor increases as the clouds gather; but these persons are in the minority.

For the good of ourselves and neighbors it is necessary that we look at things cheerfully and hopefully. So let us admit the sunshine into our lives—literally and figuratively.

To Be Agreeable.

The girl who gets a grievance, who feels herself ill used, who is quite sure that nobody understands her, has a mental ailment and needs treatment.

Now, I am going to prescribe.

The best cure is action. Fill every hour of the day with interests. Acquire a hobby (many people speak slightly of a hobby, but a hobby is a great thing). Throw yourself with enthusiasm into all you do. Try to make everybody you meet happy. Forget that you yourself exist, and the first thing you know you will acquire that wholesome, happy state of mind which is the most beneficial of traits.

The Hair Pillow.

Few people know the comfort in summer of a hair pillow. Who would think of sleeping upon a feather bed in August? And yet many of us bury our heads in large, soft, feathery pillows.

Suppose you buy a dear little hair pillow—20 by 15 inches—and make for it a simple slip of linen. Lay your weary head upon this some hot night and you will dream of cooling and refreshing drinks—and possibly of icebergs.

An Emperor's Rule of Health.

Eat fruit for breakfast.
Eat fruit for lunch.
Avoid pastry and hot cakes.
Take potatoes only once a day.
Don't drink tea or coffee.
Walk four miles every day, wet or fine.
Take a bath every day.
Wash the face every night in warm water.
Sleep eight hours every night.



To Prevent Scratching at Night.



Washing in Hot Water After a Walk in the Country.

An Ugly Double Chin.

Subscriber.—To help reduce a double chin, practice the following exercise: 1. Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. 2. Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after-discomfort.

Very Beneficial.

Let a woman who has been working all the morning over the countless details of housekeeping put on her hat and go out for a brisk walk. If it is only for fifteen minutes it will do her untold good—her head will be clearer and her heart lighter.

Advice to Correspondents.

Owing to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Books They Should Have Read.

From Life.
Adam—"The Garden, You and I."
Eve—"A Woman's Hardy Garden."
The serpent—"The Sorrows of Satan."
Noah—"Self-raised; or, From the Depths."
Jacob—"The Social Ladder."
Joseph—"The Pit."
Pharaoh—"Twenty Thousand Leagues Under the Sea."
Moses—"The Crossing."
Ezekiel—"Red Postage."
Lot's wife—"Looking Backward."
Jonah—"Denizens of the Deep."

Painting Around the Inflammation.

Some Very Good Depilatories.

Worried.—Any one of these recipes will make up into a helpful depilatory: Sulphide of soda, 100 grains; slaked lime, eighty grains; starch, twenty grains; lime-water, four fluid drams.

Barium sulphide is also used as a paste for depilatories. The standard formula is: Barium sulphide, eighty grains; powdered chalk, 40 grains. Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a thin paste.

Sulphide of strontium makes also an efficient depilatory. It is made as follows: Sulphide of strontium, two drams; oxide of zinc, three drams; powdered starch, three drams.

Good for the Complexion.

Fay.—The following treatment for improving the complexion is found very suitable for some skins: Take half an ounce of glycerin and mix with it half a pint of orange-flower water. Add a tablespoonful of powdered borax. Wash the face with the lotion several times a day.

ing from a walk in the country—or wherever poison ivy grows—should always wash the face and hands in hot water. Hands first, of course. This washes away whatever poisonous substance the wind may have lodged on the sensitive skin, and many a troublesome and painful case of ivy poison may thus be avoided.

Character in Walking.

Walking is almost as common as breathing, eating, and sleeping, yet there are many people who do not know how to walk. Some totter along with a half-drawn, half-alive air, while others madly rush as if but a moment of time was theirs.

Now, there is much character in a walk; it should embody energy, ambition, and enterprise, and at the same time grace and dignity.

To walk for health certain preparations should be made. In cold weather the clothing should be warm, but not heavy. The clothing should be loose, for a tight garment restricts circulation. The skirt should be short and the shoes should be low-heeled, wide, and thick-soled.

Deep breathing goes hand in hand with walking, and it is a good habit to breathe rhythmically, counting the while.

DIARY OF A, FAMOUS LADY-IN-WAITING TO QUEEN CAROLINA

Toward the end of the 30's a great many love-letters were flattered by the publication of a diary which had been kept by Lady Charlotte Bury, one of the greatest beauties of her day, and at one time lady in waiting to the unhappy wife of George IV.

Lady Charlotte was the daughter of one of "the beautiful Gummings," and at seventeen years old, when presented at court to George III and his Queen, astonished London by her beautiful face and handsome presence. Like many another spoiled beauty, says the London Daily Mail, she did not make a brilliant match. "Handsome Jack Campbell" was "a great fellow" with only a small income. At thirty-four she was a widow in uneasy circumstances and with nine children but scantily provided for.

It was then that she became lady in waiting to Caroline, Princess of Wales, who, separated from her powerful and vindictive husband, had three years previously been the subject of the famous "delicate investigation" which had cleared her character of the charges leveled against her.

In the service of this erratic but unfortunate princess, Lady Charlotte Bury (she married as her second husband the Rev. Edward Bury) was at the very forefront of the secret social history of her time. She was one of those cited for the defense of her mistress—then Queen Caroline—at the trial of 1820, and she was in England when death terminated a sad history.

It is all a very long time ago. But

there yet remain some who remember paying their respects to the venerable lady, who, still beautiful, lived at her own house in Sloane street in 1861, and these touched hands with one who had taken part in some of the most momentous happenings in the story of Georgian society.

A Very Indiscreet Diary.

It was a very outspoken, a very indiscreet diary which Lady Charlotte Bury penned, but time has obliterated the indiscretions, and we obtain in a new edition, just published many interesting sidelights of the manners, habits of thought, and incidentally the morals of famous people of the Regency days.

That must have been a strange ménage where it was possible for the only child of the marriage—the high-spirited, ill-fated girl, Princess Charlotte—to say of her parents: "My mother was wicked, but she would not have turned so wicked had not my father been much more wicked still." It was of this Princess Charlotte, once the anticipated Queen of England, of whom the diarist records: "Her legs and feet are very pretty; her royal highness knows that they are so, and wears extremely short petticoats."

Unhappy Queen Caroline when Princess of Wales was extremely outspoken to correspondents regarding her husband. The only astonishing news I can offer you," writes the princess on one occasion, "is that the regent is dangerously ill; still I am not sanguine enough to flat-

ter myself that the period to all my troubles and misfortunes is yet to come. Yet one must hope for the best."

"After dinner," writes Lady Charlotte Bury on another occasion, "her royal highness made a wax figure as usual and gave it an amiable addition of large horns, then took three pins out of her garment and stuck them through and through and put the figure to roast and melt at the fire."

"If it was not too melancholy to have to do with this, I could have died of laughing. Lady — says the princess indulges in this amusement whenever there are no strangers at table, and she thinks her royal highness really has a superstitious belief that destroying this effigy of her husband will bring to pass the destruction of his royal person."

Here is a record of what royalties talked about during a casual afternoon visit: "The conversation between these three royal personages put me exactly in mind of the Margravine of Barreuth's Memoirs, and I think all accounts of courts and the petty transactions therein must have precisely the same stamp."

The old duchess talked chiefly of the Queen and the princesses having visited her; upon which her daughter, the Princess of Wales, addressed herself as loud as she could, across her mother, to the Duke of Gloucester, not liking to hear her enemies, as she conceives them, dwell upon and with such complacency.

Death of Lady Alibury.

"Then they talked of the death of Lady Alibury, and immediately of which would get her place in this world; then of the

death of a Mrs. Fielding and who would get her place—upon which the Princess of Wales rolled her eyes in signal of being weary; though in talking of the places she intends to bestow if she ever has the power she is not at all aware that to those not particularly on the lookout it must be equally tedious.

"This was the princess' birthday," writes the diarist on another occasion.

"I went to pay my respects. Her royal highness was very indelicately attired—dressed in a pink dressing gown. Lady C—n was with her; she seemed grievously tired of the latter, who, in truth, appears to be a dull woman, and there is an expression in her features of something very like deceit and a sneer which makes me grave in spite of myself."

"Shortly after her departure came the Duke of Brunswick. He paid his sister a set compliment and gave her a ring of no value. (N. B.—All these princesses and princesses give shabby presents.)"

Many of her misfortunes as princess and queen apparently arose from the royal lady's somewhat unconventional ways, but in spite of these among the greater part of the English people, she was popular. Her woes touched their imagination.

After a visit to the opera, "when the coachman attempted to drive home through Charles street, the crowd of carriages was so immense it was impossible to pass down that street, and with difficulty the princess' carriage was backed and we returned past Carlton House,

where the mob surrounded her carriage, and having found out that it was her royal highness they applauded and huzzed her till she and Lady — and myself, who were with her, were completely stunned."

"The mob" opened the carriage door and some of them insisted upon shaking hands with her, and asked if they should burn Carlton House. "No, my good people," she said, "be quite quiet—let me pass and go home to your beds."

"They would not, however, leave off following her carriage for some way, and cried out, 'Long live the Princess of Wales! Long live the innocent!'"

A very short period elapsed between the trial of 1820 and the queen's death. Her illness was sudden and she was for some hours ignorant of her danger. "When she became aware of her awful situation she called to some of her attendants and said, 'I forgive all my enemies. I owe no one any ill will, although they have killed me at last,' or words to that effect."

Curious Deathbed Incident.

"A curious circumstance occurred while she was on her deathbed the night, or rather the morning, on which she expired. A boat passed down the river filled with some of the religious sectarians who had taken peculiar interest in her fate. They were praying for her, and singing hymns as they rowed by Bradenburgh House, and at the same moment a mighty rush of wind blew open all the doors and win-

dows of the queen's apartment just as the breath was going out of her body. It impressed those who were present with a sense of awe and added to the solemnity of the scene."

Apart from Queen Caroline, much is said in the diary about society people of the day. This is the romantic story of how one lady obtained a fortune by mistake:

"Lady Frances Wilson was a lady of very plain personal appearance, yet one gentleman for several seasons perseveringly gazed at her from the pit in the opera house so as to cause her considerable annoyance, until at length one day she was informed that Mr. — had left her all his fortune, and prompted by curiosity to ascertain if it were the same person who had admired her at the theater, she requested to see the deceased and identified the corpse as being that of Mr. —"

"It was said Lady Frances owed this piece of good fortune to a mistake, as it was a very beautiful woman who occupied the next box to hers to whom the gentleman had intended to leave his property, and that he was misinformed as to the name of the object of his passion."

Elopements were common enough in Georgian times, but not all were so candid as to their intentions as this lady of a dual house who eloped and lived to repent:

"After her marriage to a peer she fell in love with a baronet and told her hus-

band that she intended to elope with him, refusing offers of forgiveness for what had passed.

"She told Lord A— that she loved Sir Joseph passionately and that she would elope with him. Lord A— then replied: 'So be it,' and he promised to arrange matters for her departure. But this also she rejected and sent to the neighboring village to order post horses; and so in a common hack chaise she left her great and splendid home for the love of a man who did not repay her sufficiently for the sacrifice."

Years after the elopement she related "how she could not resist an impulse she had when one evening passing near — to look in at the window of the house and see her children and Lord A—, who were assembled there. It was a sad, strange pleasure, but it was a pleasure."

Add One.

From Life.
Teacher.—What is the total population of the globe?
Small Boy (promptly)—One and one-half billions.

Little Girl (raising her hand)—Please, ma'am, we have a new baby brother in our house.